

How sweet is your valentine?



Candy Hearts:

3.25 tsp. sugar/1 box
(one serving)



Hershey's Kisses/Hugs:

5.25 tsp. sugar/9 pieces (one serving)



Heart Sucker:

2.5 tsp. sugar/1 sucker



Russell Stover Dark Chocolate Assortment:

5.25 tsp. sugar/3 pieces
(one serving)



Healthy Alternatives:

- ♥ movie tickets
- ♥ concert tickets
- ♥ indoor putt-putt golfing
- ♥ certificate for a massage
- ♥ skiing together
- ♥ board game
- ♥ ice skating
- ♥ bowling



Crush Soda:

12.5 tsp. sugar/12 oz. bottle
(one serving)



Amount of sugar: 4 gms = 1 teaspoon = 1 cube = 16 calories

No endorsement of products or firms is intended nor is criticism implied of those not mentioned.